



Harvesting

Harvesting is a very rewarding job in the garden, when we reap the fruits of our labour.

Equipment:

- Harvest list
- Garden gloves
- Secateurs and trowels
- Baskets



What to do:

1. Read the harvest list carefully, noting how much of each crop is needed. (Be careful not to harvest so much that it ends up being wasted.)
2. Find where the crops needed are growing and ask:
 - How many are there?
 - How big are they?
 - What part of the plant is being harvested?
3. In your group, discuss how to harvest each plant – ask if you are uncertain.
4. Think about what you would like to use in the kitchen, for example if a plant has a lot of insect damage or has grown so big it will be bitter or woody, it might be better to compost it.
5. Using the correct tool (e.g. secateurs for eggplants, garden forks for potatoes), harvest the correct amount of the fruit or vegetable.
6. Place the harvested crops in your basket.
7. Continue until the harvest list is complete.
8. Take your harvest to the kitchen for kitchen classes.

Taking the activity further:

1. Harvesting is a good time to observe the plants in the garden and look for pests, flowers and seeds.
2. Word to learn ... **yield**. The yield is the amount of food a plant provides from the garden. Some plants have:
 - *very high yields*, like Jerusalem artichokes
 - *ongoing yields*, like silverbeet
 - *only one yield per plant*, like cauliflowers.
3. Give three examples of an *ongoing yield* in your garden.
4. Give an example each of plants where you harvest:
 - the fruit
 - the leaves
 - the roots.
5. How would you harvest a bed of six silverbeet plants if you needed 12 leaves?
 - cut 12 leaves off one plant and leave the rest?
 - cut the tiny leaves from the middle of 3 plants?
 - cut 2 older leaves from all 6 plants?
6. What are some ways a fruit will tell you when it is ready to harvest?
7. Why is it important to observe the plants when harvesting?
8. Draw a picture of your harvest. How many fruit, leaf and root crops have you harvested today?
9. What might be ready to harvest next week? Create a list for your Kitchen Teachers.